m.a.y.o.

Issue 63:

magazine about our outcome



HELLO HEALTHY!

Habbit is not a rabbit!

A lot of people realize that New Year's resolutions are not really working. What will happen if I decide to quit eating chocolate for one month and what do I want to accomplish by doing that? Do I want to cleanse my body, loose some extra pounds, or simply live a healthier life? If the case is the last one – to live a healthier life, losing 5 pounds will be only a temporary solution and soon enough we will find ourselves on the old path of consuming everything that we see. One month of healthy leaving unfortunately doesn't bring us a healthy lifestyle. It is better to ask ourselves who I want to "be" as a person, than what goal do I want to reach. In that case the decision "This year I will stop smoking." transforms into "I am a person that doesn't smoke" or "I will read 10 books this year." into "I read every day for at least half an hour." Therefore we are talking about the identity and not one-time goals.

Let's have a look how habit is formed. There are four stages: cue, craving, response and reward. When we see chips in a commercial – cue. Our mouth starts to water and we want to taste the chips – craving. We open our snacks' storage and take out some chips – response. Finally we taste something salty and crunchy – reward. This system is completely normal and comes from our ancestors who had this reward system implemented for hunting reasons that were very important for survival.

So how do we shape our habits? We brake the four stages mentioned before into laws. Habit has to be visible, attractive, easy and satisfying. It goes vice – versa for breaking the habit. Habit has to become invisible, unattractive, difficult and unsatisfying. Did your dentist recommend you to floss and you feel too lazy to do it?

Put your floss on a place that is visible, for example next to your tooth brush, so it's easy to reach. Buy a quality made floss that has a refreshing taste and doesn't break after your third tooth. To learn how to floss, watch a short clip on YouTube that shows you how quick and easy it is. After a few uses, you will feel the difference. You will start to like the freshness and the feeling of a small win. Let's try this regarding a case where you want to get rid of a bad habit. A lot of smokers try to quit, but are

unfortunately unsuccessful. Try with storing your tobacco in a distant place – maybe in a car where the spare tire is. It may sound stupid or funny, but just try it. It is proven that grotesque pictures on tobacco make a smoker nervous and that results in smoking more. Cover those photos with a photo of white teeth or one of your family or friends that are looking happy. When you present quitting a habit like an attractive thing, the (bad) habit becomes unattractive. Many times we find ourselves in misleading environment that is too attractive to resist. We can train our mind by thinking of our »ideal« identity. So the next time a friend offers you a cigarette instead of responding with »Oh, I really don't want to, I'm trying to quit smoking.« say something in a way »No thanks, I don't smoke.« To make a habit stick for real, make a checklist, where you check every day spent without smoking.
We're only human and it's absolutely normal that we cannot make a change in an instant and that we occasionally fail. So try to stick to just one more rule: Never miss twice in a row. You can also help yourself become a better you by reading a book Atomic Habits by James Clear.



“Crazy” diet = crazy Idea



There are various types of crazy diets that people follow all over the world. Especially on the internet there are various types of very bizarre power supplies, which however cause a lot of damage to the health of the people who use it. Now we will show you 3 of these diets.

1 Detox with juices
Nothing solid. according to this diet, only 6 fruit and vegetable juices should be drunk during the day. Some celebrities from the show followed this crazy diet.

Motivation:
eliminating solid foods reduces the calories ingested. This calorie deficit turns into weight loss.

Reality:
it may seem nice to lose 10 kg in 3 days, but what you actually lose is only the weight of the water in your muscles, not the fat.

Scale of madness: 11/10



2 Baby diet
Rules:
designing the diet to promote weight loss, this crazy diet consists of consuming 16 cans of food in boxes for children a day, instead of normal daily meals.

Motivation:
creates a calorie deficit that promotes weight loss very quickly, freeing the body from excess toxins.

Reality:
baby food is very elaborate and in the long run seriously damages the health of those who use it.

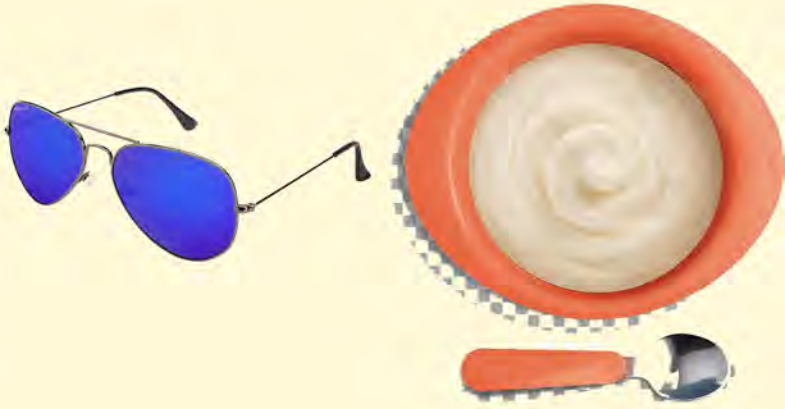
Scale of madness: infinity to 10

3 visual diet:
Rules:
you eat everything wearing blue glasses.

Motivation:
it is based on the idea that red and yellow colored foods are more palatable. this crazy and imaginative diet is designed to make what you eat more appetizing.

Reality:
It makes no sense! it is pure fantasy.

Scale of madness: 10/10 not classified



False friends in your life



White bread: refined wheat low in fiber and essential nutrients that lead to rapid spikes in blood sugar.





Fruit juices: high amounts of sugar without the fiber provided by the pulp, also increases the blood sugar rapidly.

Vegetarian/vegan/gluten-free foods: often high in sugar and refined grains.





Low fat dairy: natural fats are replaced with sugar to compensate the loss of flavour.

Processed meat: increase the risk of colon cancer, colesterol and heart diseases.





Sweeteners: affects the bacterias in the gut which can modify your mind.

"Sport" drinks: misleading advertisement, big amounts of sugar.



10 habbits for a healthier lifestyle!

Exercise daily!



Gym, home, on the way to work, alone or with friends, 20 mins or 2 hours...just do it!

Stay hydrated!



Drink 8 **to** 10 glasses daily to keep your engines running smoothly!

Eat fresh/Cook for yourself!



Providing good materials and taking time to process them is the best

Sleep enough!



Night was made for sleeping. Aim for 7 **to** 9 hours and avoid unnecessary activities...

Avoid unhealthy addictions/ unproductive habbits!

Can a rose bloom among weeds?

Practice visualisation!



Imagine every little detail. Set a realistic plan. Act out confidently. Succeed grandiose!

Transform obstacles into opportunity for growth!



Are you under pressure and feel like erupting? Well, the same conditions turns coal into diamond.

Reflect on your past choices!



Every once in a while succumb and observe, what didn't work very well. Nobody is perfect!

Keep people that love and respect you!

Why waste time on someone less than your worth?



Enjoy life!!!

Stay positive, laugh during hardships, cherish moments and rejoice the process!



Grandma knows best!!!

Nowadays most people are quite busy and frequent business influences your mental and physical health. But grandma knows the secret of life ;) ! She was taught that all the problems can be solved with a healthy and balanced diet, so she has selected several recipes for an easier and better everyday.

-Breakfast (egg and cheese sandwich ~15min)

Ingredients

- 4 large eggs
- Kosher salt and pepper
- 1 tbsp. olive oil
- 2 oz. extra-sharp cheddar cheese, coarsely grated
- 4 English muffins, toasted
- 2 c. baby spinach
- 4 thin slices ham (optional)

Directions

1)In a bowl, beat eggs with 1 Tbsp water and ¼ tsp each salt and pepper. Heat oil in a large non stick skillet on medium heat.
2)Add eggs and cook, stirring with a rubber spatula every few seconds, to desired doneness — 2 to 3 minutes for medium soft eggs.
3)Spoon onto bottom half of each muffin and top with cheese, spinach, and ham (if using). Sandwich with remaining muffin top.



-Lunch (roasted salmon with green beans and tomatoes ~20min)

Ingredients

- 6 cloves garlic, smashed
- 1 1/4 green beans, trimmed
- 3 anchovy fillets, chopped (optional)
- 2 tbsp. olive oil
- Kosher salt
- Pepper
- 1 1/4 lb. skinless salmon fillet, cut into 4 pieces
- Greek yogurt, for serving

Directions

1)Heat oven to 425°F. On large rimmed baking sheet, toss garlic, beans, tomatoes, olives and anchovies (if using) with 1 tablespoon oil and 1/4 teaspoon pepper. Roast until vegetables are tender and beginning to brown, 12 to 15 minutes.
2)Meanwhile, heat remaining tablespoon oil in large skillet over medium heat. Season salmon with 1/4 teaspoon each salt and pepper and cook until golden brown and opaque throughout, 4 to 5 minutes per side. Serve with vegetables and yogurt if desired.







Dinner Only

-Dinner (Taco tomatoes ~25min)

Ingredients

- 1 tbsp. extra-virgin olive oil
- 3/4 lb. ground beef
- 1 medium onion, chopped
- 1 (1-oz.) packet taco seasoning
- 4 large, ripe beefsteak tomatoes
- 1/2 c. shredded Mexican cheese blend
- 1/2 c. shredded iceberg lettuce
- 1/4 c. sour cream

Directions

1) In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat.
2) Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges.
3) Divide taco meat among tomatoes, then top each with cheese, lettuce, and sour cream before serving.

LET US PLAY A GAME!!!

Q	C	H	Q	W	Q	Q	S	Q	G	B	Q	S	W	Q	Q	S	S	W	W	W	Q	Q	Q	D	L	Q	W	S	G
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W	S	F	J	T	D	S	V	J	F	S	E	F	T	H	G	D	S	V	N	G	D	S	E	F	G	D	W	E	R

FIND 10 GOOD FOODS!!!

*IF YOU ARE OUTSIDE OF HOME BUT STILL WANT TO EAT HEALTHY, REMEMBER:



25 % CARBOHYDRATES
25 %PROTEIN
40 % FIBER
10 % FAT

A HEALTHY DAY IDEA!



BREAKFAST	OATS WITH MILK AND DRY FRUITS
SNACK 1	DRY NUTS MIX
LUNCH	CHICKEN WITH RICE (+ 1 SLICE OF BREAD + SALAD)
SNACK 2	SEASONAL FRUITS
DINNER	PASTA WITH MEATBALLS (+ 1 SLICE OF BREAD + SALAD)
SNACK 3	YOGURT WITH SEEDS

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CONNECTING PEOPLE





the saying says it;

so it must be truth..